

**GG Spring 2 Safeguarding Newsletter for Parents.
WORKING TOGETHER TO KEEP OUR CHILDREN SAFE.**

WELCOME TO THE SIX STEPS TO WELLBEING

The Wheel of Well-being is a handy way to think about things you can do to help improve your mood, reduce the risk of depression, strengthen your relationships, and even add up to seven years to your life! **Click on the links for each section below for great advice and ideas.**



CURRENT DESIGNATED SAFEGUARDING LEADS:

- Mrs Buchanan (Lead DSL)
- Miss Mackie (Deputy DSL)
- Mrs Sheik (Deputy DSL)
- Mrs Z Jones (Deputy DSL)
- Mrs Peacock (Deputy DSL)
- Mrs G Jones (Deputy DSL)



If you are struggling with your own wellbeing and would like to speak to one of our Home School Link Workers, please ask at the office for Mrs Buchanan or Mrs Pearce and they will also be happy to signpost you.



Additionally, the following Surrey directories list services and activities in Surrey, many of which support the Wheel of Well-being's actions.

Take a look and maybe you'll be inspired:
<https://www.healthysurrey.org.uk/mental-wellbeing/six-steps-to-well-being/be-active>

- **Connect to Support Surrey**: Information on services, activities and organisations for adults in Surrey that can help you "Connect, Take Notice, Give, Care for the planet and Keep Learning".
- **Surrey Adult Learning** offers free courses for adults and their **Passport to Wellbeing** programme offers creative and wellbeing learning opportunities for learners with, and recovering from, mild to moderate mental wellbeing difficulties.
- **Family Information Service**: Find registered childcare, family activities, holiday clubs, parenting courses and support groups near you,
- You can get more well-being tips, activities to try and places to visit by visiting the **WoW Yourself website**. You can even create your own account to monitor your personal progress.